Holy Cross School
When Your Child is Sick

When a Child Gets Sick at School

If your child is sent to the office because they have been sick or are not feeling well, our Office Administrator will notify parents. We will do everything we can to make your child comfortable, but please remember that we are a school and nothing is more comfortable than being at home with a loved one.

Please be mindful that we are not able to accommodate children who come to school when they are sick. Please do not send a note saying that "my child needs to stay inside for recess" without a doctor's note. When a child is sent to school, it is expected that they will participate in the full school day. **Outdoor play is part of the school day and supervision is not provided for children who must remain indoors due to illness.** In the event that there is an injury or condition that does not permit outdoor or indoor physical activity, a note from the parent accompanied by a doctor's certificate is required. The doctor's instructions, as much as possible, will be honoured.

Parents are asked to contact the school immediately if their child is at home due to a contagious condition such as pink eye, chicken pox, fifth disease or head lice.

When Should I Keep My Child Home From School?

Colds and the flu hit schools hard every year. Despite our care with flu shots and hand hygiene, it also hits our staff and our parent community. This is all very normal and often helpful in helping our youngest learnings develop healthy immune systems. It is important to recognize that we can support our school community by not sending our children to school when they are really sick.

Many parents struggle with the questions: "how sick is too sick? When should I keep my child home?" As such, here are some guidelines to help in your decision-making.

Cold and/or Cough

A sore throat, runny nose, cough and mild congestion are common, recurring symptoms, especially in young children. More often than not, children are safe to attend school. Ask yourself: "Can my child still participate in school activities?" However, if any of these symptoms are accompanied by fever, lethargy, lack of appetite, wheezing or distinct change in mood, please keep your child home until he or she is feeling better.

Fever

A fever is defined as 100°F (37.8°C) or higher. If your child has been fever free for at least 24 hours, without the use of a fever-reducing medication and without other symptoms, he or she is safe to return to school. Otherwise, your child is likely fighting an infection, meaning he or she may be vulnerable and/or contagious.

Vomiting and Diarrhea

Vomiting and diarrhea are good reasons to keep your child at home. Both are symptoms of infection that could be spread to others. School can be a very uncomfortable place when you have to throw up or are constantly having to run to the bathroom. A child is safer and more ready to return to school 24 hours after the last episode of vomiting or diarrhea.

Sore Throat

A severe sore throat accompanied by swollen glands and/or fever may be indicative of strep throat, which is highly contagious. A child with strep throat should be kept home until he or she has been on antibiotics for 24 hours.

Pink Eye

Red, itchy eyes accompanied by yellow or green discharge are symptoms of conjunctivitis (or pink eye). This condition is highly contagious and spreads quickly through schools. Once diagnosed, your child should be kept home until he or she has been on antibiotics for 24 hours.

Rash

A rash may be a symptom of another infection. If your child has an undiagnosed rash, please keep your child home until these symptoms clear or until you've spoken with the doctor.

Other general symptoms to watch for include: fatigue beyond what you would expect from a mild illness, a pale or tired appearance, irritability or disinterest in normal activities, loss of appetite, and any form of pain (earache, stomach ache, headache, body ache). Some of these may be indicative of infection or other conditions that should be checked out by a doctor.